

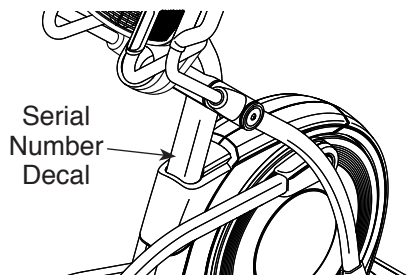
NordicTrack® ELITE 14.9

nordictrack.com

Model No. 23944.5

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to my.nordictrack.com.

CUSTOMER CARE

For service at any time, go to nordictrackservice.com.

Or call 1-800-TO-BE-FIT
(1-800-862-3348)

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL

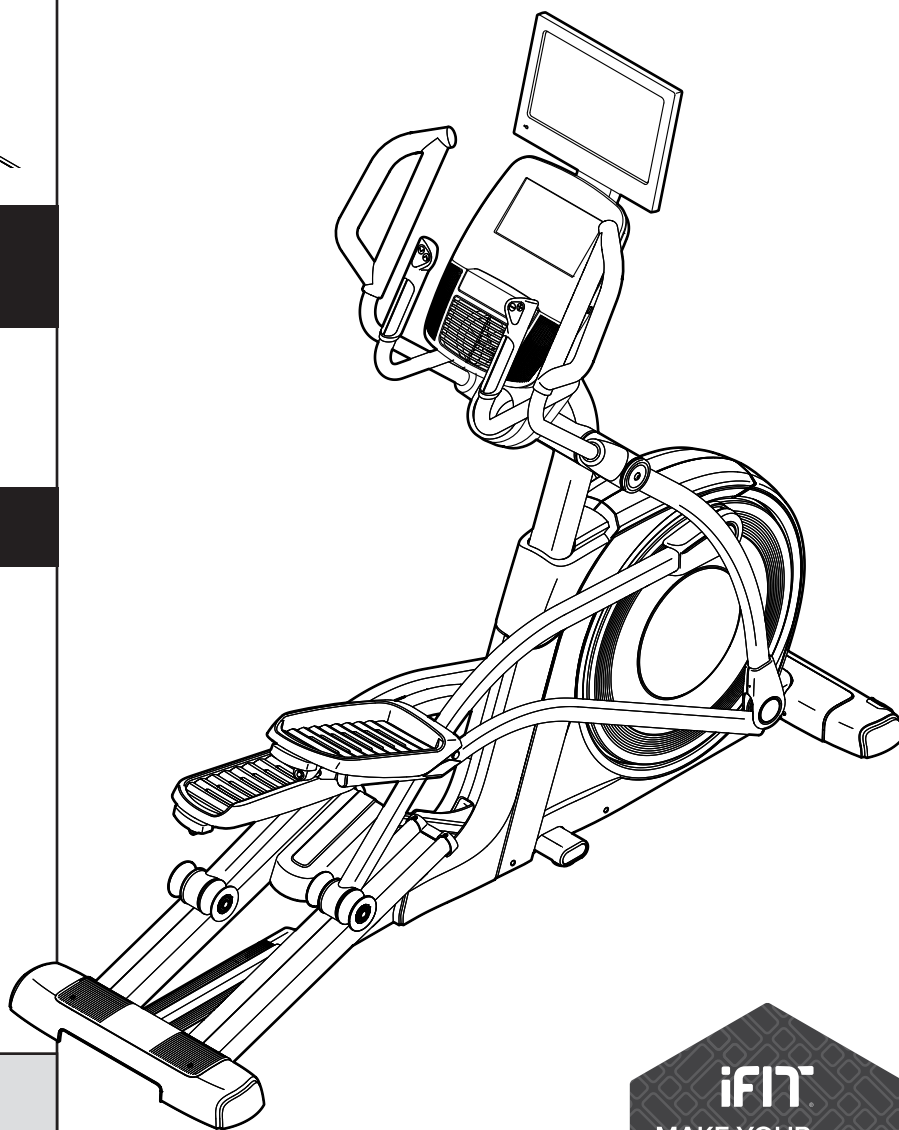
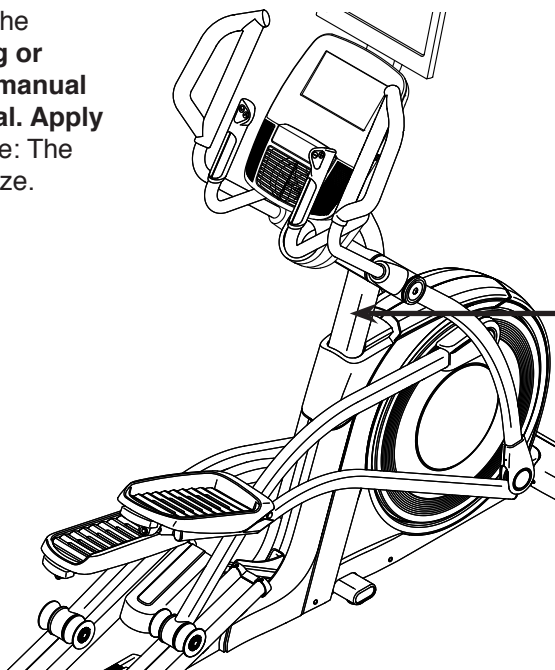


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 375 lbs / 170 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

i

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IMPORTANT PRECAUTIONS

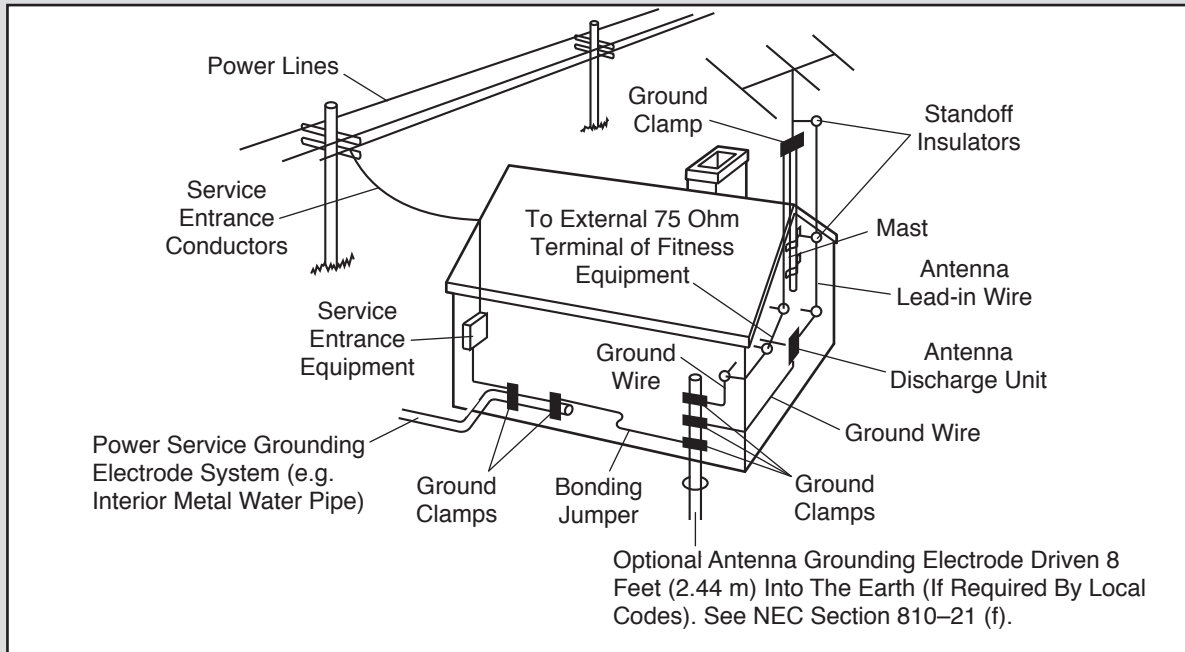
⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.
4. Use the elliptical only as described in this manual.
5. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
6. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
7. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
8. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.
9. Keep children under age 12 and pets away from the elliptical at all times.
10. When connecting the power cord (see page 16), plug the power cord into a grounded circuit.
11. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
12. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.
13. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
14. The elliptical should not be used by persons weighing more than 375 lbs. (170 kg).
15. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
16. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
17. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

18. The elliptical does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in a controlled way.
19. Keep your back straight while using the elliptical; do not arch your back.
20. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
21. Do not store the digital TV in temperatures below -40°F (-40°C) or above 140°F (60°C). Do not operate the digital TV in temperatures below 23°F (-5°C) or above 90°F (32°C).
22. To protect the elliptical and digital TV during lightning storms, unplug the power cord from the wall outlet and disconnect the cable system. This will prevent damage due to lightning and power line surges.
23. If an outside antenna or cable system is connected, make sure that the antenna or cable system is grounded to provide some protection against voltage surges and built-up static charges. Section 810 of the National Electrical Code, ANSI/NFPA No. 70-1984, or your local codes and ordinances provide information with respect to proper grounding of the mast and supporting structure, grounding of the lead-in wire to an antenna discharge unit, size of grounding conductors, location of antenna discharge unit, connection to grounding electrodes, and requirements for the grounding electrode.
24. An outside antenna system should not be located in the vicinity of overhead power lines or other electric light or power circuits, or where it can fall into such power lines or circuits. When installing an outside antenna system, use extreme care to keep from touching such power lines or circuits, as contact with them might be fatal.
25. To reduce the risk of electric shock, do not remove the cover or the back of the digital TV. There are no user serviceable parts inside. Refer servicing to qualified service personnel.
26. Upon completion of any service or repairs to the digital TV, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.
27. Use No. 10 AWG (5.3 mm²) copper, No. 8 AWG (8.4 mm²) aluminum, No. 17 AWG (1.0 mm²) copper-clad steel or bronze wire, or larger as a ground wire.
28. Secure an antenna lead-in and ground wires to the house with stand-off insulators spaced from 4 to 6 feet (1.22 to 1.83 m) apart.
29. Mount an antenna discharge unit as close as possible to where the lead-in enters the house.
30. Use a jumper wire not smaller than No. 6 AWG (13.3 mm²) copper, or the equivalent, when a separate antenna-grounding electrode is used. See NEC Section 810-21 (j) or your local codes and ordinances.

31. Note to the CATV system installer: This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper

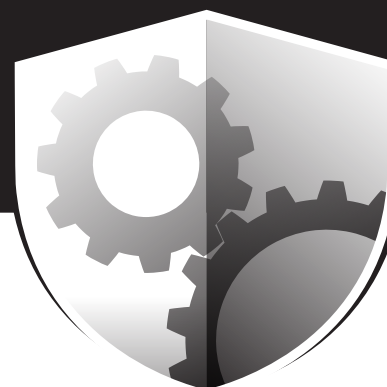
grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.



SAVE THESE INSTRUCTIONS

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



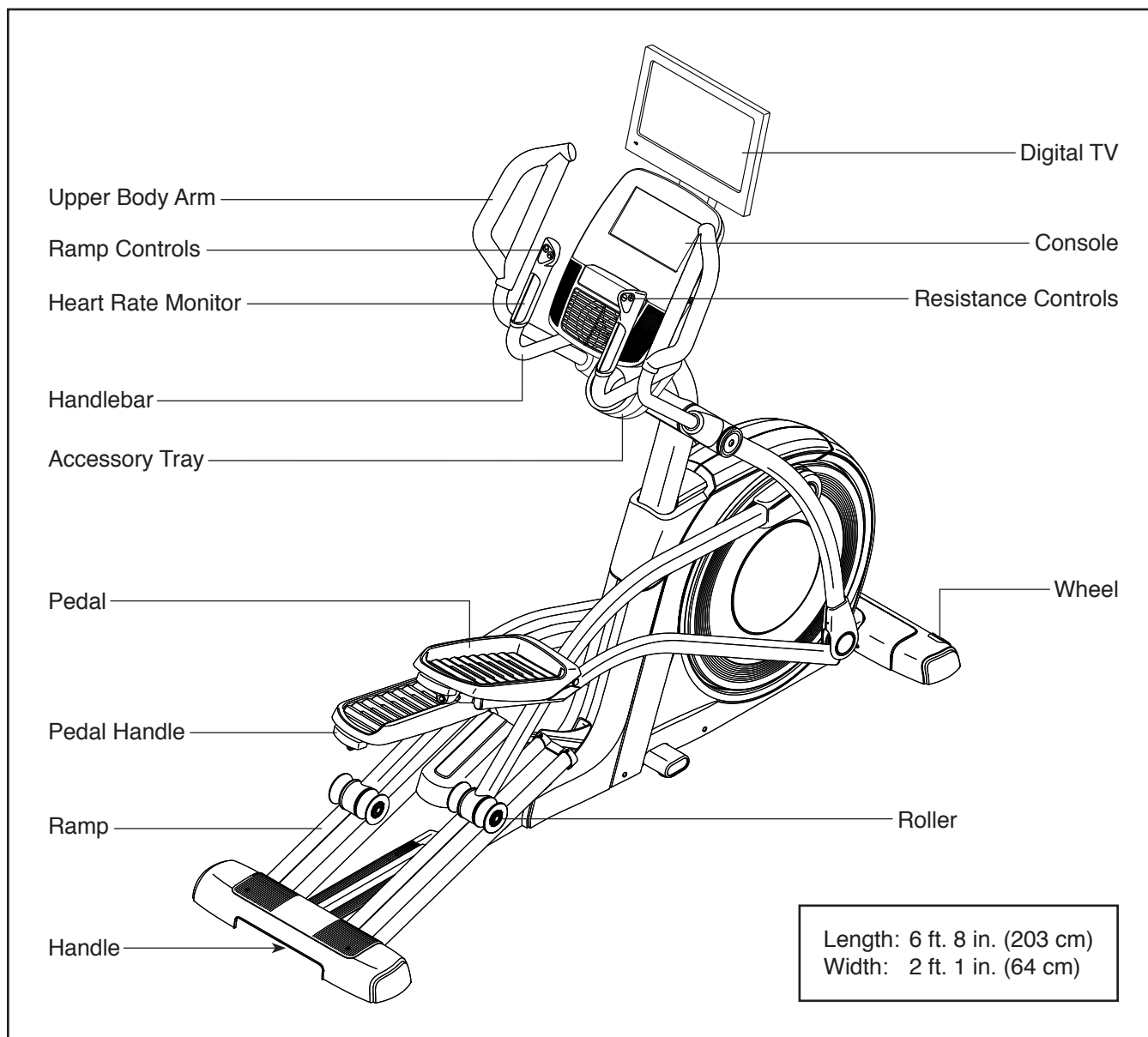
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® ELITE 14.9 elliptical. The ELITE 14.9 elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after

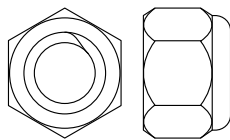
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

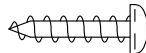


PART IDENTIFICATION CHART

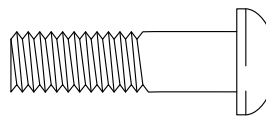
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



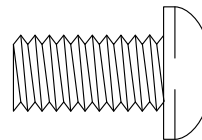
M10 Locknut
(99)–4



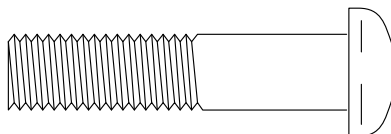
M4 x 16mm
Screw (104)–8



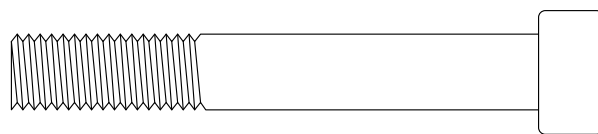
M8 x 30mm
Screw (115)–4



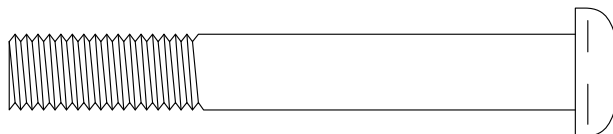
M10 x 20mm
Screw (144)–12



M10 x 45mm
Bolt (143)–4



M10 x 70mm
Screw (139)–2



M10 x 75mm Screw
(142)–2

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 8.

- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver



one adjustable wrench



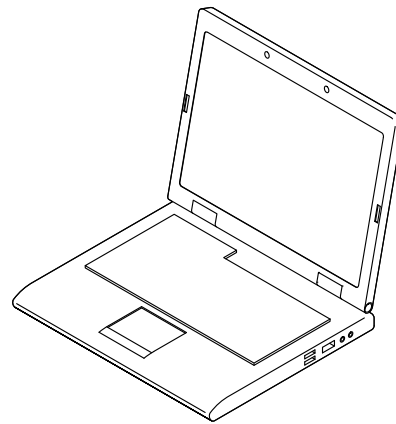
Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to my.nordictrack.com on your computer and register your product.**

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.

1



2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

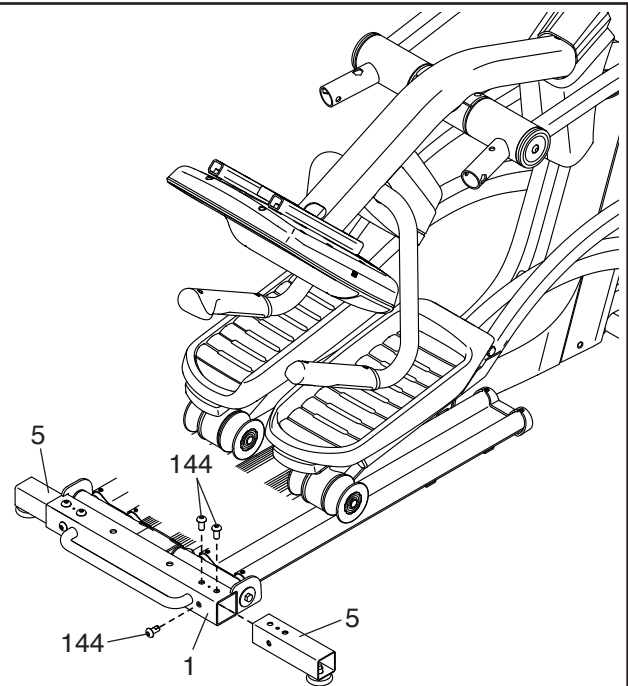
Identify the two Rear Stabilizers (5).

Attach one of the Rear Stabilizers (5) to the Frame (1) with three M10 x 20mm Screws (144); **start all three Screws, and then tighten them.**

Attach the other Rear Stabilizer (5) in the same way.

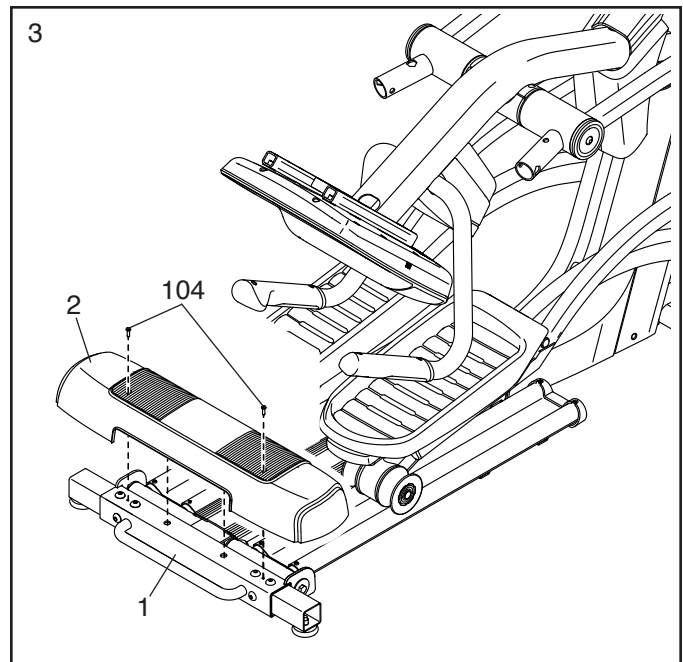
Then, remove the packing materials from under the Frame (1).

2



3. Orient the Rear Stabilizer Cover (2) as shown, and press it onto the Frame (1).

Attach the Rear Stabilizer Cover (2) with two M4 x 16mm Screws (104).



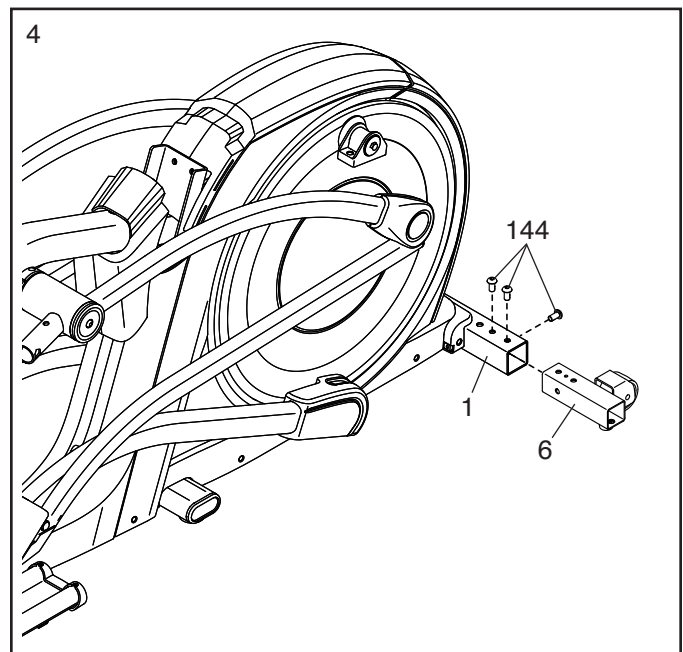
4. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Identify the Right Front Stabilizer (6) and orient it as shown.

Attach the Right Front Stabilizer (6) to the Frame (1) with three M10 x 20mm Screws (144); **start all three Screws, and then tighten them.**

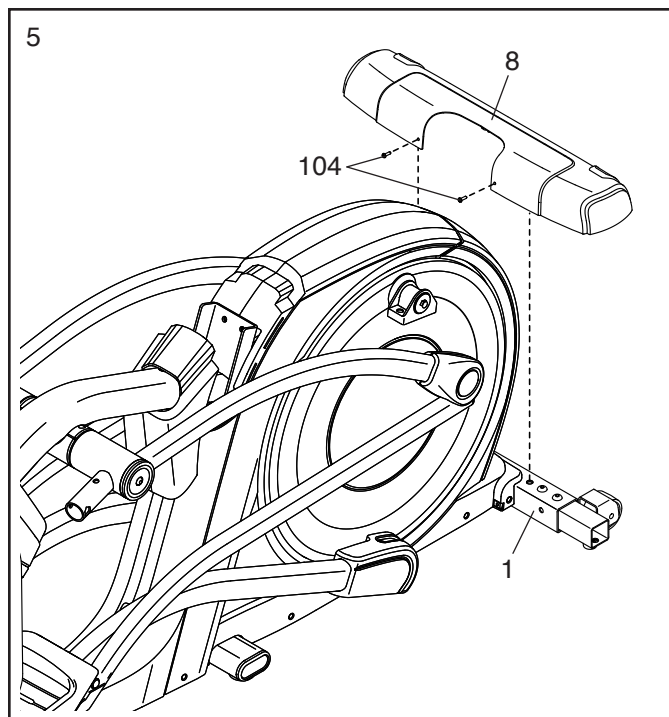
Attach the Left Front Stabilizer (not shown) in the same way.

Then, remove the packing materials from under the Frame (1).



5. Orient the Front Stabilizer Cover (8) as shown, and **route the Power Cord (not shown) over the top of the Front Stabilizer Cover**. Then, press the Front Stabilizer Cover onto the Frame (1).

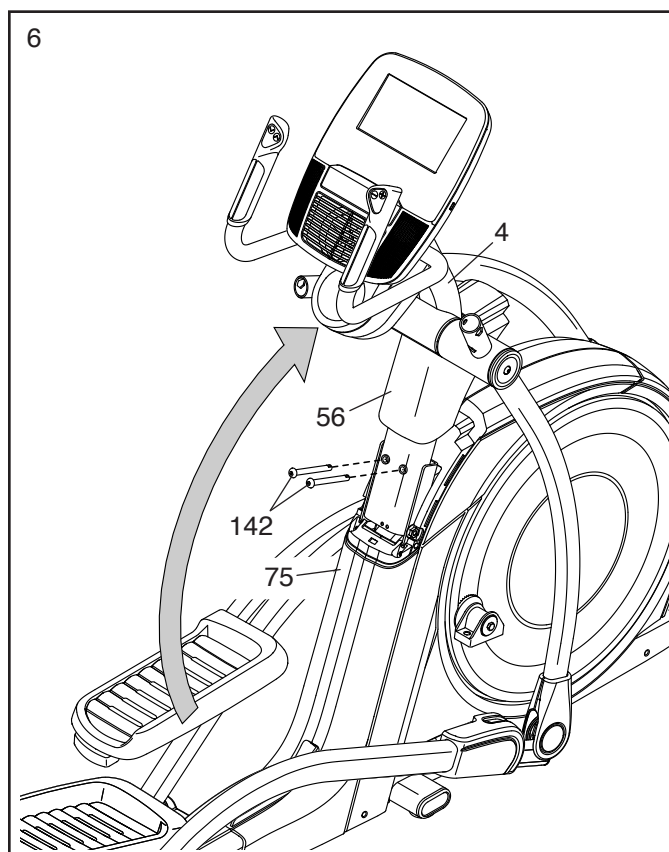
Attach the Front Stabilizer Cover (8) with two M4 x 16mm Screws (104).



6. With the help of a second person, raise the Upright (4) to the vertical position.

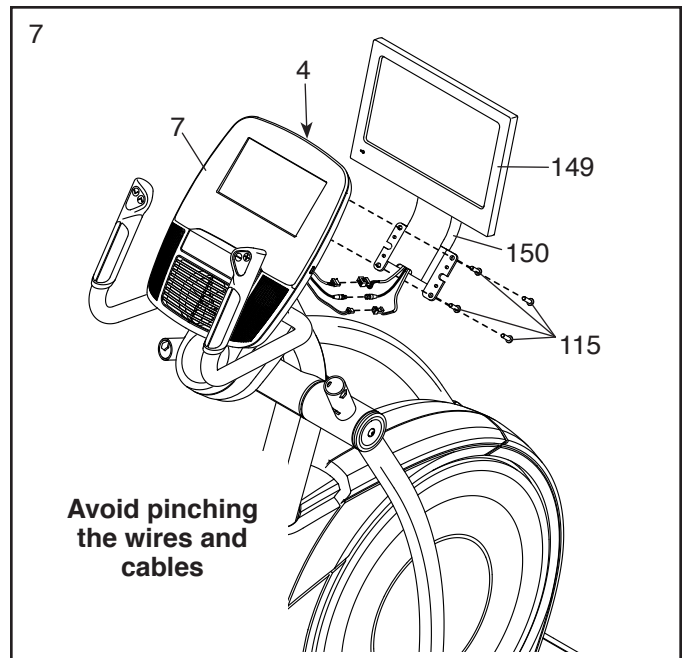
While the second person holds the Shield Cover (56) out of the way, secure the Upright (4) with two M10 x 75mm Screws (142).

Then, slide the Shield Cover (56) downward onto the Rear Shield (75).

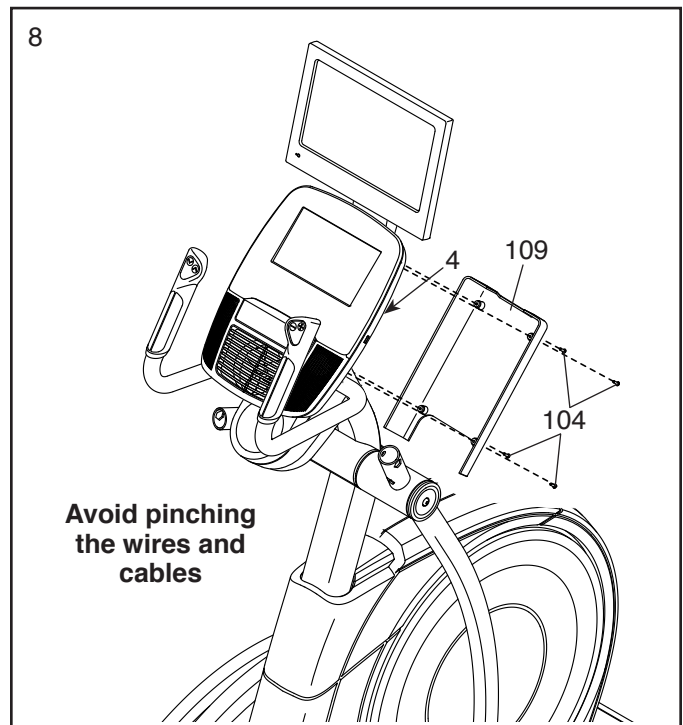


7. While a second person holds the 15" Digital TV (149) and the TV Bracket (150) near the Console (7), connect the wires and the cables as shown.

Tip: Avoid pinching the wires and the cables.
Attach the TV Bracket (150) to the Upright (4) with four M8 x 30mm Screws (115).

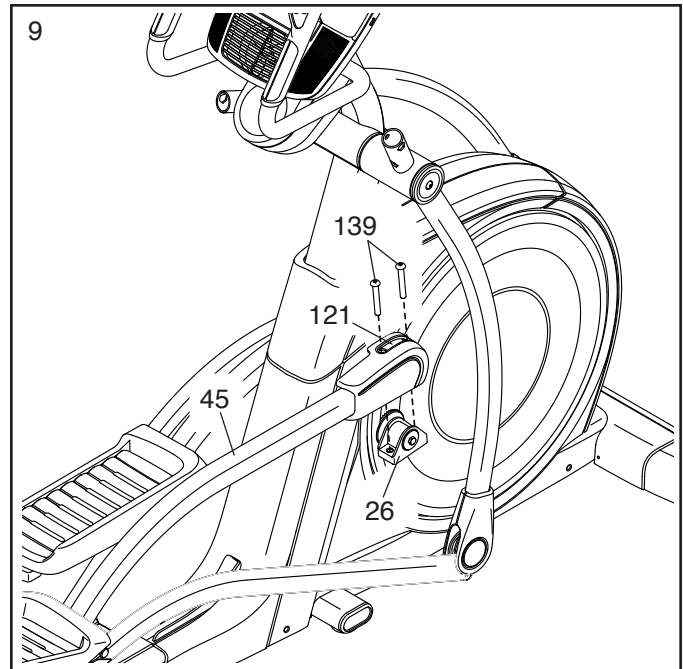


8. **Tip: Avoid pinching the wires and the cables.**
Attach the Console Cover (109) to the Upright (4) with four M4 x 16mm Screws (104).



9. Locate the Right Upper Saddle Bracket (121) on the Right Roller Arm (45). Next, locate the Lower Saddle Bracket (26) on the right side of the elliptical.

Attach the Right Upper Saddle Bracket (121) to the Lower Saddle Bracket (26) with two M10 x 70mm Screws (139).

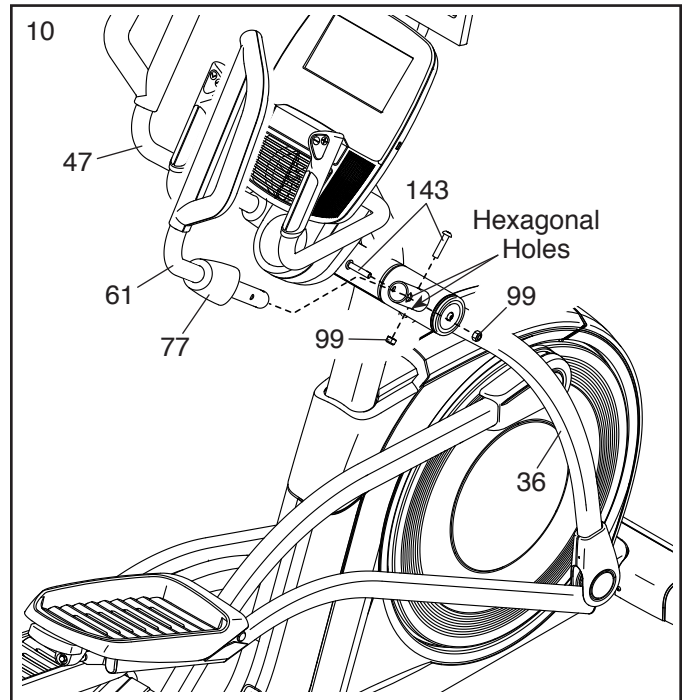


10. Identify the Right Upper Body Arm (61) and an Upper Body Arm Cover (77). Slide the Upper Body Arm Cover onto the Right Upper Body Arm as shown.

Attach the Right Upper Body Arm (61) to the Right Upper Body Leg (36) with two M10 x 45mm Bolts (143) and two M10 Locknuts (99); **make sure that the Locknuts are in the hexagonal holes.**

Then, slide the Upper Body Arm Cover (77) downward and turn it so that it is flush with the Right Upper Body Leg (36).

Attach the Left Upper Body Arm (47) in the same way.



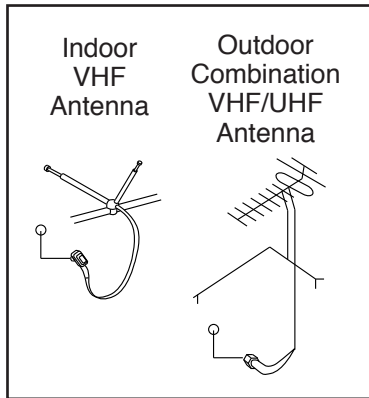
11. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

HOW TO CONNECT THE DIGITAL TV

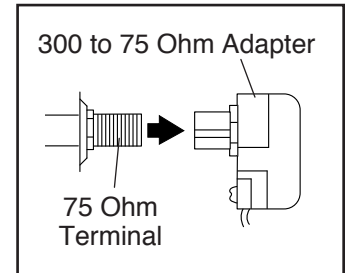
Before operating the digital TV, you must connect an antenna or a 75 ohm CATV cable to the 75 ohm terminal, an AV cable to the audio/video input jack, or an HDMI cable to the HDMI input jack. Note: Use a CATV cable to connect to an external source such as a cable box, satellite TV box, VCR, or analog cable. No CATV cable, antenna, or adapter; AV cable; or HDMI cable is included.

HOW TO CONNECT AN ANTENNA

Place an indoor VHF antenna or an outdoor combination VHF/UHF antenna in the desired location. Note: Outdoor antennas are subject to weathering that can reduce signal quality. Inspect your outdoor antenna and the lead-in wiring before connecting the antenna.



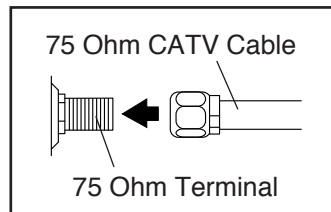
2. Push the 300 ohm to 75 ohm adapter onto the 75 ohm terminal on the fitness equipment frame near the power cord.



Note: Due to an FCC requirement, analog signals are no longer broadcast over the air in the United States as of June 12, 2009. If you wish to view television signals through an antenna, you must have an antenna capable of receiving digital signals. Cable television has not been affected.

75 Ohm CATV Cable

1. Connect the 75 ohm CATV cable from the antenna to the 75 ohm terminal on the fitness equipment frame near the power cord.

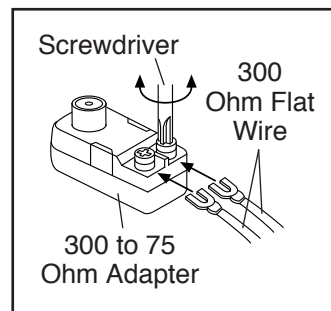


HOW TO CONNECT AN EXTERNAL SOURCE USING A CATV CABLE

1. Connect one end of a 75 ohm CATV cable to the 75 ohm output jack on your external source.
2. Plug in the power cord of your external source. See your external source user's manual for proper grounding instructions.
3. Connect the 75 ohm CATV cable to the 75 ohm terminal on the fitness equipment frame near the power cord. See the drawing at the left.

300 Ohm Flat Wire

1. Connect the 300 ohm flat wire from the antenna to a 300 ohm to 75 ohm adapter.



HOW TO CONNECT A VCR, DVD PLAYER, OR OTHER DEVICE USING AN AV CABLE

1. Connect the three-pronged end of an RCA AV Cable to your VCR, DVD player, or other device.
2. Plug in the power cord of your device. See your VCR, DVD player, or other device's user's manual for proper grounding instructions.
3. Connect the RCA AV Cable to the audio/video input jack on the digital TV.
4. To use the included tie blocks, see step 4 at the right. **Note: Use the tie blocks only after you have connected all desired cables.**

HOW TO CONNECT A DVD OR BLU-RAY PLAYER OR OTHER DEVICE USING AN HDMI CABLE

1. Connect one end of an HDMI Cable to your DVD or Blu-ray™ player or other device.
2. Plug in the power cord of your device. See your DVD or Blu-ray player or other device's user's manual for proper grounding instructions.
3. Connect the other end of the HDMI Cable to the HDMI input jack on the digital TV.
4. If desired, use the included tie blocks. First, remove the paper from the adhesive on the back of a tie block, and attach the tie block in the desired location. Next, insert one of the included zip ties through the tie block, and wrap the zip tie around the wires. Then, pull the zip tie to secure the wires, and cut off the end of the zip tie. Repeat this step with as many tie blocks as desired.

IMPORTANT: Do not plug any devices into the USB port on the side of the digital TV.

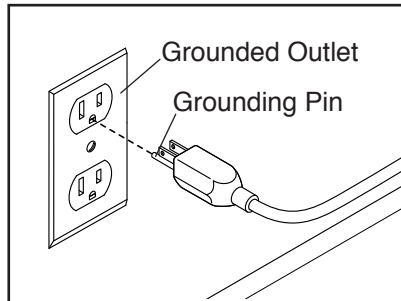
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

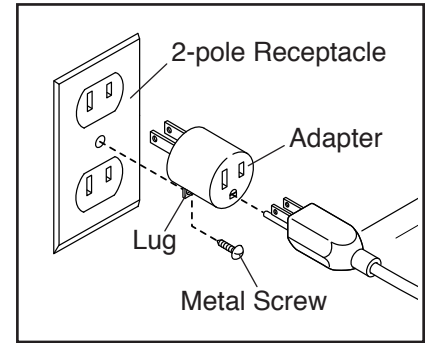
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug; if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. The outlet must be on a nominal 120-volt circuit.



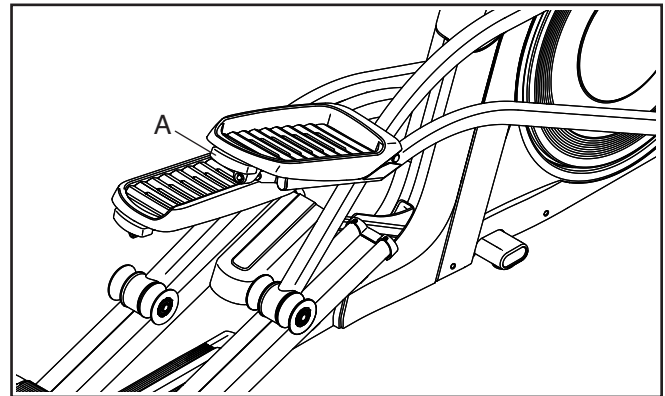
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

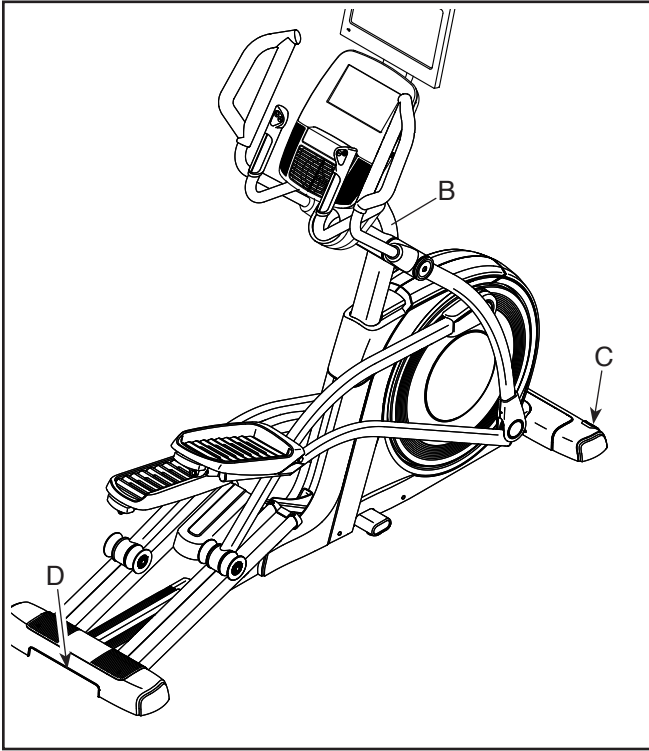
HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle (A) outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. **Make sure to adjust both pedals to the same position.**



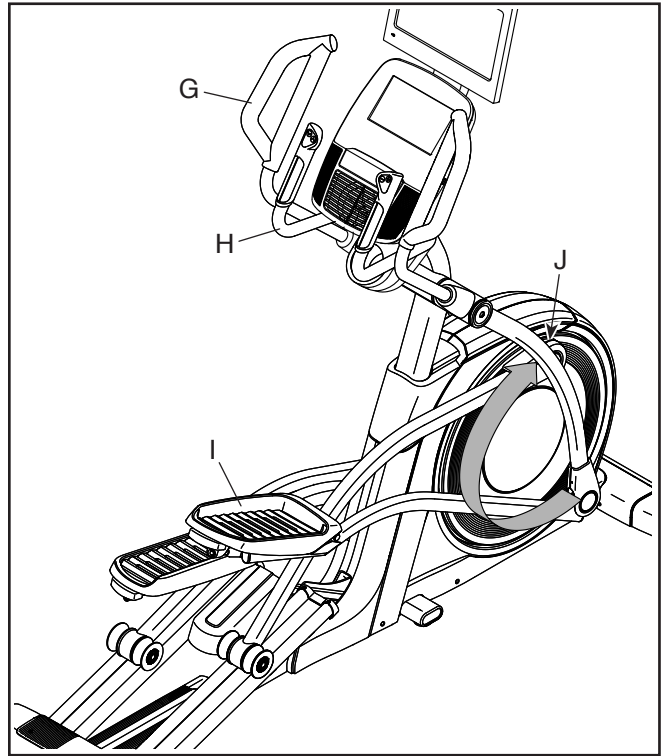
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright (B), and place one foot against one of the wheels (C). Have a second person lift the handle (D) on the rear of the frame until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



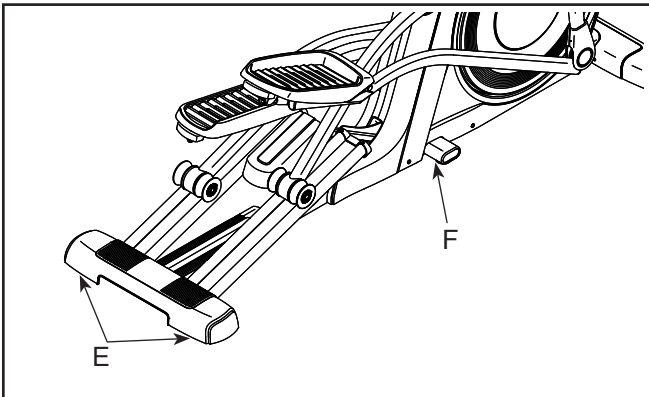
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the upper body arms (G) or the handlebars (H) and step onto the pedal (I) that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arms (J) can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety, you can turn the crank arms in the opposite direction.**



HOW TO LEVEL THE ELLIPTICAL

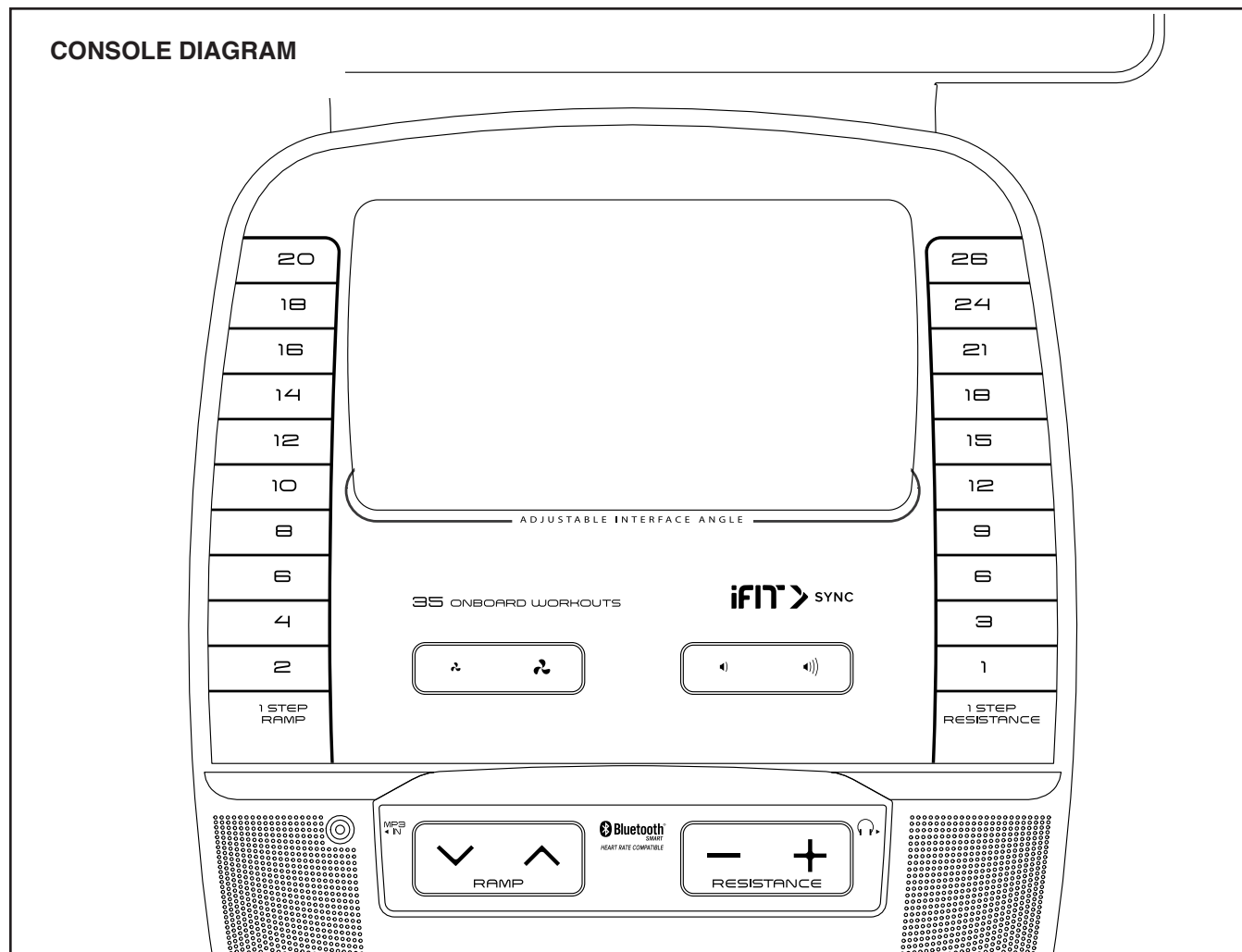
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet (E, F) beneath the rear stabilizer or beneath the frame until the rocking motion is eliminated.



To dismount the elliptical, wait until the pedals (I) come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO USE THE CONSOLE

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

The console features wireless technology that enables the console to connect to iFit. With iFit, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

In addition, the console features a selection of onboard workouts. Each workout automatically controls the resistance of the pedals and the incline of the ramp as it guides you through an effective exercise session.

When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or **an optional chest heart rate monitor (see page 28 for more information)**.

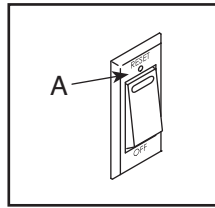
You can also watch the 15" digital TV or listen to your favorite workout music or audio books with the console sound system while you exercise.

To turn on the power, see page 19. To learn how to use the touch screen, see page 19. To set up the console, see page 19.

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 16). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position (A).



The console will then turn on and be ready for use.

Note: When you turn on the power for the first time, the incline system may calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the incline system is calibrated.

IMPORTANT: If the incline system does not calibrate automatically, see step 6 at the right and manually calibrate the incline system.

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.
- To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch *?123*. To view more characters, touch *Alt*. Touch *Alt* again to return to the number keyboard. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

HOW TO SET UP THE CONSOLE

Before you use the elliptical for the first time, set up the console.

1. Connect to your wireless network.

To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

2. Customize settings.

Follow the prompts on the screen to set the desired unit of measurement and your time zone.

Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 26.

3. Log into or create an iFit account.

Follow the prompts on the screen to log into your iFit account or to create an iFit account.

4. Tour the console.

The first time you use the console, a tour presentation will guide you through the features of the console. **Note:** To view the tour presentation again at any time, touch the profile button (person symbol) on the screen, touch *Settings*, and then touch *How It Works*.

5. Check for firmware updates.

First, touch the profile button, touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 26.

6. Calibrate the incline system.

First, touch the profile button, touch *Settings*, touch *Maintenance*, and then touch *Calibrate Incline*. The ramp will rise and lower as it calibrates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 26.

The console is now ready for you to begin working out. The following pages explain the workouts and other features that the console offers.

To use the manual mode, see page 20. **To use a map workout or an onboard workout**, see page 22. **To create a draw-your-own-map workout**, see page 24. **To use an iFit workout**, see page 25.

To change console settings, see page 26. **To connect to a wireless network**, see page 27. **To use the sound system**, see page 28. **To connect an HDMI cable**, see page 28.

To operate the digital TV, see page 29. **To use the remote control**, see page 30. **To adjust the digital TV settings**, see page 31. **To troubleshoot the digital TV**, see page 33.

Note: If there is a sheet of plastic on the screen, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 19. Note: It may take a few moments for the console to be ready for use.

2. Select the main menu.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

3. Change the resistance of the pedals and the incline of the ramp as desired.

Touch *Manual Start* and begin pedaling.

You can change the resistance of the pedals by pressing one of the numbered 1 Step Resistance buttons on the console, by pressing the Resistance increase and decrease buttons on the console, or by pressing the Resistance increase and decrease buttons on the right handlebar.

To vary the motion of the pedals, you can change the incline of the ramp by pressing one of the numbered 1 Step Ramp buttons on the console, by pressing the Ramp increase and decrease buttons on the console, or by pressing the Ramp increase and decrease buttons on the left handlebar.

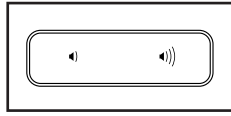
Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level or for the ramp to reach the selected incline level.

4. Follow your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown.

To select the desired display mode or to view statistics and charts, drag downward on the screen. You can also touch the more button (+ symbol) to view statistics or charts.

If desired, adjust the volume level by pressing the volume increase and decrease buttons on the console.



To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume pedaling.

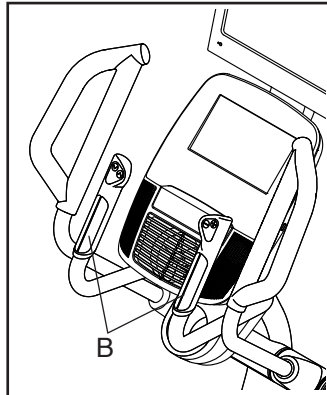
To end the workout session, first touch the screen to pause the workout. Next, touch *End*; a workout summary will appear on the screen. If desired, you can publish your results using one of the options on the screen. Then, touch *Finish* to return to the main menu.

5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (**see page 28 for information about the optional chest heart rate monitor**). Note: The console is compatible with Bluetooth® Smart heart rate monitors.

Note: If you use both heart rate monitors at the same time, the chest heart rate monitor will have priority.

If there are sheets of plastic on the metal contacts (B) on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid**



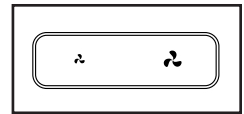
moving your hands or gripping the contacts tightly.

When your pulse is detected, your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals are not moved for a while when the main menu is selected, the fan will turn off automatically.

7. When you are finished exercising, unplug the power cord.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components of the elliptical may wear prematurely.**

HOW TO USE A MAP WORKOUT OR AN ONBOARD WORKOUT

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 19. Note: It may take a few moments for the console to be ready for use.

2. Select the main menu or the workout library.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

Touch the buttons on the screen to select either the main menu or the workout library.

3. Select a workout.

To select a workout from the main menu or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

Note: To use a map workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 27).

The featured map workouts on your console will change periodically. To save one of the featured map workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFit account to save a featured map workout (see step 3 on page 25).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 24.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

4. Start the workout.

Touch *Start* to start the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

The display modes will also show your progress. To select the desired display mode or to view statistics and charts, swipe downward on the screen. You can also touch the more button (+ symbol) to view statistics or charts.

The workout will function in the same way as the manual mode (see page 20).

During some workouts, the screen may show a target speed. As you exercise, keep your pedaling speed near the target speed shown on the screen. A message may appear prompting you to increase, decrease, or maintain your pedaling speed.

IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

If the resistance level and/or incline level is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Ramp buttons. **If you press a Resistance button**, you can then manually control the resistance level (see step 3 on page 20). **If you press a Ramp button**, you can then manually control the incline level (see step 3 on page 20). **To return to the programmed resistance and/or incline settings of the workout**, touch *Follow Workout*.

Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level or incline level of the ramp during the workout, the number of calories you burn will be affected.

To pause the workout, simply touch the screen or stop pedaling. To end the workout, touch *End*. To continue the workout, simply resume pedaling.

When the workout comes to an end, a workout summary will appear on the screen. If desired, you can publish your results using one of the options on the screen. Then, touch *Finish* to return to the main menu.

5. Follow your progress.

See step 4 on page 20.

6. Measure your heart rate if desired.

See step 5 on page 21.

7. Turn on the fan if desired.

See step 6 on page 21.

8. When you are finished exercising, unplug the power cord.

See step 7 on page 21.

HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 19. Note: It may take a few moments for the console to be ready for use.

2. Select a draw-your-own-map workout.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

To select a draw-your-own-map workout, touch the draw-your-own-map button (map symbol) at the bottom of the screen.

3. Draw your map.

Navigate to the area on the map where you want to draw your workout by sliding your fingers on the screen. Touch the screen to add the start point for your workout. Then, touch the screen to add the end point for your workout.

If you want to start and end your workout at the same point, touch *Loop* or *Out & Back* on the left side of the screen. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* on the left side of the screen.

The screen will display the elevation and distance statistics for your workout.

4. Save your workout.

Touch *Save New Workout* to save your workout. If desired, enter a title and description for your workout. Then, touch the continue button (> symbol).

5. Start the workout.

Touch *Start* to start the workout. The workout will function in the same way as a map workout or an onboard workout (see page 22).

6. Follow your progress.

See step 4 on page 20.

7. Measure your heart rate if desired.

See step 5 on page 21.

8. Turn on the fan if desired.

See step 6 on page 21.

9. When you are finished exercising, unplug the power cord.

See step 7 on page 21.

HOW TO USE AN iFIT WORKOUT

To use an iFit workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 27). An iFit account is also required.

1. Add workouts to your schedule on iFit.com.

On your computer, smartphone, tablet, or other device, open an internet browser, go to iFit.com, and log in to your iFit account.

Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

Take time to explore the iFit.com website before you log out.

2. Select the main menu.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

3. Log in to your iFit account.

If you have not already done so, touch the profile button (person symbol) on the screen to log in to your iFit account. Follow the prompts on the screen to enter your username and password.

To switch users within your iFit account, touch the profile button, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

4. Select an iFit workout that you have previously added to your schedule on iFit.com.

IMPORTANT: Before iFit workouts will load, you must add them to your schedule on iFit.com (see step 1).

To load an iFit workout from iFit.com to the console, touch the calendar button (calendar symbol) at the bottom of the screen.

When you load a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

5. Start the workout.

Touch *Start* to start the workout. The workout will function in the same way as a map workout or an onboard workout (see page 22). Note: During a distance or time workout, the screen will not show a map.

6. Follow your progress.

See step 4 on page 20.

7. Measure your heart rate if desired.

See step 5 on page 21.

8. Turn on the fan if desired.

See step 6 on page 21.

9. When you are finished exercising, unplug the power cord.

See step 7 on page 21.

For more information about iFit, go to iFit.com.

HOW TO CHANGE CONSOLE SETTINGS

IMPORTANT: Some of the settings and features described may not be enabled. Occasionally, a firmware update may cause your console to function slightly differently.

1. Select the settings main menu.

First, turn on the power (see HOW TO TURN ON THE POWER on page 19). Note: It may take a few moments for the console to be ready for use.

Next, select the main menu. When you turn on the console, the main menu will appear on the screen after the console boots up. If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu.

Next, touch the profile button (person symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

Account

- My Profile
- In Workout
- Manage Accounts

Equipment

- Equipment Info
- Equipment Settings
- Maintenance
- Wi-Fi

About

- How It Works
- Feedback
- Legal

3. View the console tour presentation.

To view a tour presentation that will guide you through the features of the console, touch *How It Works*.

4. Customize the unit of measurement and other settings.

To customize the unit of measurement, the time zone, or other settings, touch *Equipment Settings*, and then touch the desired settings. The console can display speed and distance in either standard or metric units of measurement.

5. View machine information.

Touch *Equipment Info*, and then touch *Machine Info* to view information about your elliptical.

6. Update the console firmware.

For the best results, regularly check for firmware updates. Touch *Maintenance*, and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the elliptical, do not turn off the power while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the elliptical will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take a few minutes for the console to be ready for use.

Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

7. Calibrate the incline system.

To calibrate the incline system, touch Maintenance, touch *Calibrate Incline*, and then touch *Begin*. The ramp will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*.

IMPORTANT: Keep pets, feet, and other objects away from the elliptical while the incline system is calibrating.

8. Exit the settings main menu.

If you are in a settings menu, touch the back button. Then, touch the close button (x symbol) to exit the settings main menu.

HOW TO CONNECT TO A WIRELESS NETWORK

To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network.

1. Select the main menu.

First, turn on the power (see HOW TO TURN ON THE POWER on page 19). Note: It may take a few moments for the console to be ready for use.

Next, select the main menu. When you turn on the console, the main menu will appear on the screen after the console boots up. If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu.

2. Select the wireless network menu.

Touch the Wi-Fi button (wireless symbol) at the bottom of the screen to select the wireless network menu.

3. Enable Wi-Fi.

Make sure that Wi-Fi® is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 19.)

When the console is connected to your wireless network, a checkmark will appear next to the wireless network name.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

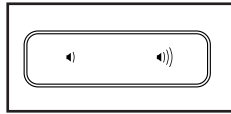
5. Exit the wireless network menu.

To exit the wireless network menu, touch the back button (arrow symbol).

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



To listen to the digital TV audio with your personal headphones or ear buds, plug your headphones into the headphones jack on the console. Note: This audio jack is for audio output only.

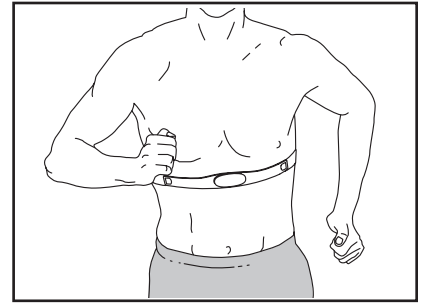
HOW TO CONNECT AN HDMI CABLE

To show your console screen on a TV or monitor, plug an HDMI cable (not included) into the port on the console and into a port on your TV or monitor; **make sure that the HDMI cable is fully plugged in. Note: To purchase an HDMI cable, see your local electronics store.**

THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts.

The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all Bluetooth Smart heart rate monitors.

HOW TO OPERATE THE DIGITAL TV

You can control the digital TV with the buttons on the top of the digital TV or with the remote control (see page 30).

1. Turn on the digital TV.

To turn on the digital TV, press the TV power button.

2. Select an input source.

To switch between cable or antenna input and another audio/visual input device such as a VCR, DVD player, or Blu-ray player, press the Source button repeatedly. Select TV for cable or antenna input, AV for a device connected to the digital TV with an AV cable, or HDMI for a device connected with an HDMI cable.

3. Select the desired channel.

To select the desired cable channel, press the Ch increase and decrease buttons.

When the buttons are pressed, a graphic will appear on-screen to show which channel is selected.

Note: The digital TV can identify and store in memory all valid cable channels in your area (see HOW TO ADJUST THE DIGITAL TV SETTINGS on page 31). The Chan increase and decrease buttons will select only channels that are stored in memory.

If a satellite TV box, VCR, DVD player, or Blu-ray player is connected and used as the input source, the channel must be changed on the satellite TV box, VCR, DVD player, or Blu-ray player.

4. Adjust the volume as desired.

Press the Vol increase and decrease buttons to adjust the volume level. When the buttons are pressed, a graphic will appear on-screen to show which volume level is selected. Note: Use the Vol increase and decrease buttons on the top of the digital TV to adjust the digital TV volume only.

5. Mute the digital TV if desired.

Press the Mute button to mute the digital TV's audio output. Press the button again or adjust the volume to un-mute the digital TV.

6. Use closed captioning.

If the TV show or movie you are watching has closed captioning, you can use the closed captioning feature to display an on-screen text version of the audio output. To view closed captioning on the digital TV, press the CC button repeatedly (see step 6 on page 32 to adjust closed captioning settings).

7. When you are finished using the digital TV, turn off the digital TV.

To turn off the digital TV, press the TV power button.

HOW TO USE THE REMOTE CONTROL

The first time you use the remote control, insert batteries (see HOW TO REPLACE THE BATTERIES IN THE REMOTE CONTROL at the right).

Next, stand on the treadmill and hold the remote control near the digital TV. Point the remote control directly at the digital TV.

Press the Power button (⏻). After a few moments, the digital TV will turn on or turn off.

Press the volume (Vol) increase or decrease button to adjust the volume.

Press the Mute button to turn on or turn off the sound.

Press the numbered channel buttons and the dash button (–) or the Channel (CH) increase or decrease button to select a channel.

Press the return button (↩) to view the previous channel.

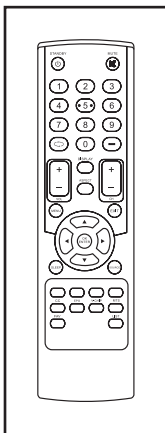
Press the Menu button to view the main menu or to view a previous menu. See page 31 for information about the menu.

Press the arrow buttons to navigate in the menu. Press the OK/Enter button to make a selection in the menu.

Press the Exit button to exit any menu.

Press the List button to view a list of channels. If you have labeled any channels, the menu will also show the channel label. See step 4 on page 31 for information about labeling channels.

Press the EPG button to view the electronic program guide. Note: The electronic program guide is available only when you view ATSC digital television.



Press the Display button to view information about the current program and the broadcast or cable signal.

Press the CC button repeatedly to turn on or turn off closed captioning. See step 6 on page 32 to adjust closed captioning settings.

Press the Source button, the arrow buttons, and the OK button to select the input source. Select TV for cable or antenna input, AV for a device connected to the digital TV with an AV cable, or HDMI for a device connected with an HDMI cable.

Press the MTS button repeatedly to select English or Spanish as the audio setting language.

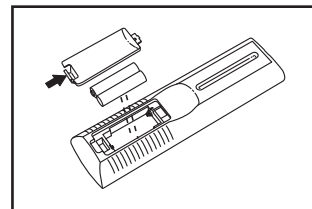
Press the Aspect button repeatedly to select normal, wide, cinema, or zoom image as the display format.

Press the V-Chip button to adjust parental control settings.

Press the Fav button to select the Favorite List of channels. See step 4 on page 31 to create a favorite channels list.

HOW TO REPLACE THE BATTERIES IN THE REMOTE CONTROL

To replace the batteries, first locate the battery cover on the back of the remote control. Push down on the clip on the battery cover and remove the battery cover.



Next, remove the old batteries from the remote control, and insert two new AAA batteries; alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, press the battery cover onto the remote control.

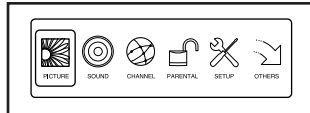
HOW TO ADJUST THE DIGITAL TV SETTINGS

The digital TV has a menu that allows you to adjust and personalize the digital TV settings.

Press the Menu button on the remote control or on top of the digital TV to enter the main menu or to return to a previous menu. Press the Exit button to exit the menu. Use the arrow buttons to navigate right and left or up and down in a menu. Press the OK/Enter button to make a selection.

1. Press the Menu button to enter the main menu.

To select one of the icons in the menu, press the left and right arrow buttons on your remote



control until the desired icon is highlighted. Select Picture to adjust the image settings. Select Sound to adjust the audio settings. Select Channel to adjust the channel settings. Select Parental to adjust the parental control settings. Select Setup to adjust basic television settings. Select Others to adjust advanced television settings. To return to the main menu, press the Menu button.

2. Adjust the image settings.

The Picture menu offers several options for adjusting the digital TV image display. Use the arrow buttons to navigate through and personalize the various image settings.

3. Adjust the audio settings.

The Sound menu offers several options for adjusting the digital TV audio output. Use the arrow buttons to navigate through and personalize the various audio settings.

4. Adjust the channel settings.

The Channel menu allows you to save channels in the digital TV memory and select settings for channels.

First, scroll to the bottom of the Channel menu and highlight Auto Channel Search. Press the Enter button to start the auto scan. The digital TV will begin scanning all of the channels available in your area. When no signal is detected on a channel, the channel will be skipped. When a signal is detected, the channel will be saved into memory and the next channel will be selected. This process will continue until the highest available channel number is reached. The digital TV will renumber the channels in the order in which it locates them. **Do not unplug the power cord while the digital TV is scanning channels.** Note: If a channel disappears, scan for channels again.

Next, select Channel Settings to view a list of channels saved in the digital TV memory. Select a checkbox in the Skip column and press Enter to have the digital TV not use a channel. Select a checkbox in the Favorite column to add the channel to your favorite channels list. Select a name in the Label column to change the channel's label. Edit the label using the arrow buttons.

Select Channel List to view a list of channels saved in the digital TV memory. Highlight a channel and press Enter to select the channel.

Select Favorite List to view a list of your favorite channels. Note: You must first select favorite channels to create this list. Highlight a channel and press Enter to select the channel.

5. Adjust the parental control settings.

The Parental menu allows you to block or allow various settings on the digital TV.

First, enter the Lock Parental Code password, which is a 4-digit PIN. **Note: The default password is 0000.** Once the password has been entered, the Parental menu will be unlocked.

Select V-CHIP to control which television and movie ratings are blocked or allowed. **Note:** The lock icon will indicate whether a rating has been blocked or allowed.

Select Change Password to change the Lock Parental Code password. Enter the old password once, then enter the new password twice to confirm. You will now have to enter the new password to enter the Parental menu. **Note: If you forget your password, enter the following master password to access locked menus: 1470.**

Select Keypad Lock to lock the keypad.

Select Source Lock to lock a specific audio/video input source, such as TV, AV, or HDMI.

6. Set up the basic television settings.

The Setup menu allows you to adjust the closed caption settings, the language used in the menus, and the clock settings.

To enter the closed caption submenu, highlight Closed Caption and press the Enter button. In the closed caption submenu, adjust the caption display, caption type, and the digital preset and style.

Select Menu Language to change the language used in the menus.

Select Clock to adjust the digital TV clock's time zone, auto setting, time setting, day of the week setting, and daylight saving time setting.

7. Adjust the advanced digital TV settings.

The Others menu offers several advanced digital TV settings. You can also restore the original settings.

Select the Blue Back to have the digital TV screen display blue when no signal is detected.

Select No Signal Power Off to have the digital TV shut off if no signal is detected for 10 minutes.

Select No Operation Power Off to have the digital TV shut off if no buttons are pressed on the remote control, on the on-screen control, or on the console TV control for 3 hours.

When you highlight All Reset, a warning will appear in the display. Make sure to read the warning, then press Enter to restore the original digital TV settings. **Note:** All of your favorite channels, labels, and personal adjustments will be erased.

8. Exit the menu.

When you have finished adjusting the settings, press the Exit button.

DIGITAL TV TROUBLESHOOTING

Most digital TV problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the back cover of this manual.

SYMPTOM: The digital TV is not receiving a signal

- a. Make sure that the correct input source is selected. See step 2 on page 29 to select an input source.
- b. Make sure that the antenna cable or CATV cable is connected securely to the elliptical. See page 14 to connect a CATV cable to your fitness equipment.
- c. Scan for broadcast or cable signals. See step 4 on page 31 to scan for signals.
- d. Due to an FCC requirement, analog signals are no longer broadcast over the air in the United States as of June 12, 2009. If you wish to view television signals through an antenna, you must have an antenna capable of receiving digital signals. Cable television has not been affected.

SYMPTOM: Digital TV reception is poor

- a. Make sure that the digital TV settings are set correctly. See HOW TO ADJUST THE DIGITAL TV SETTINGS on page 31.
- b. For the digital TV to operate properly, good reception is necessary. If you are using an antenna, make sure that it is properly connected and adjusted for optimal reception. See HOW TO CONNECT AN ANTENNA on page 14.
- c. Check for the problems listed below and follow the applicable instructions:
 - Ignition (black spots or horizontal streaks that appear or a picture that flutters or drifts)—Usually

this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of your fitness equipment or other electric appliances to correct the problem.

- Ghosts—Ghosts are caused by the TV signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects. Change the direction or position of the antenna to improve reception.
- Blue Screen—If your fitness equipment is located in the fringe area of a TV station where the signal is weak, the picture may be of poor quality or a blue screen may appear. If the signal is weak, it may be necessary to install an external antenna to improve the picture.
- Fading—If blocks of the picture are missing, the picture moves around the screen, or the picture disappears, the signal may be weak. Change the direction or position of the antenna to improve reception. Make sure the digital TV settings are set correctly (see HOW TO ADJUST THE DIGITAL TV SETTINGS on page 31). Do not use a splitter.

Note: If one of these problems appears when the cable from a CATV company is connected, the problem may be caused by the cable company broadcast.

SYMPTOM: The digital TV needs to be cleaned

- a. **UNPLUG THE POWER CORD.** To clean the digital TV, wipe the digital TV and screen using a soft cloth with a small amount of soft detergent. Do not use a polishing cloth, solvent, or any type of propellant or chemical detergent such as alcohol or benzene.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: SMFOMC360526A.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in and that the power switch is in the reset position.

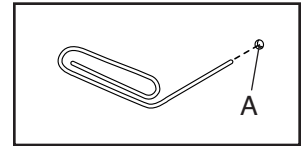
If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 21.

If you are having problems connecting the console to a wireless network or if you are having problems with your iFit account or iFit workouts, go to support.iFit.com.

If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing**

this will erase all custom settings you have made to the console. Resetting

the console requires two people. First, press the power switch and unplug the power cord. Next, locate the small reset opening (A) near the USB port on the console. Using a bent paper clip, press and hold the reset button inside the opening, and have a second person plug in the power cord and press the power switch. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, press the power switch off and then on again. Once the console turns on, check for firmware updates (see step 6 on page 26). Note: It may take a few minutes for the console to be ready for use.



DIGITAL TV TROUBLESHOOTING

If the digital TV is not working properly, see DIGITAL TV TROUBLESHOOTING on page 33.

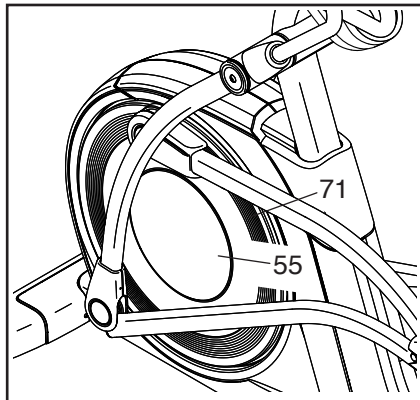
INCLINE SYSTEM TROUBLESHOOTING

If the ramp does not move to the correct incline level, see step 7 on page 27 and calibrate the incline system.

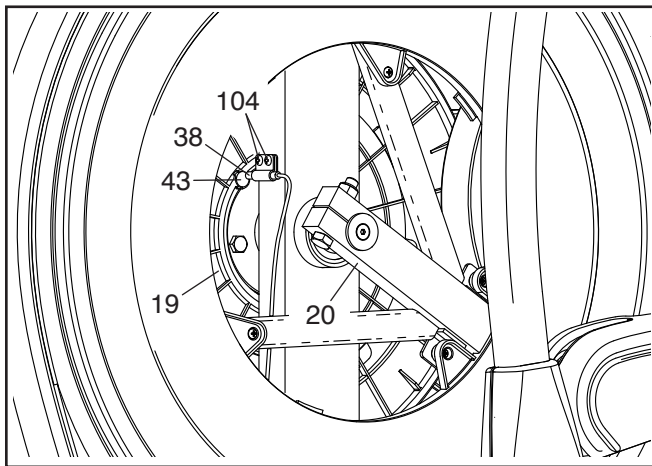
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **unplug the power cord**.

Next, use a standard screwdriver and carefully pry the left Disc Cover (55) off the left Disc (71).



Next, turn the left Crank Arm (20) until one of the Magnets (43) on the Pulley (19) is aligned with the Reed Switch (38). Then, loosen, but do not remove, the two M4 x 16mm Screws (104), slide the Reed Switch slightly closer to or away from the Magnet, and retighten the Screws.

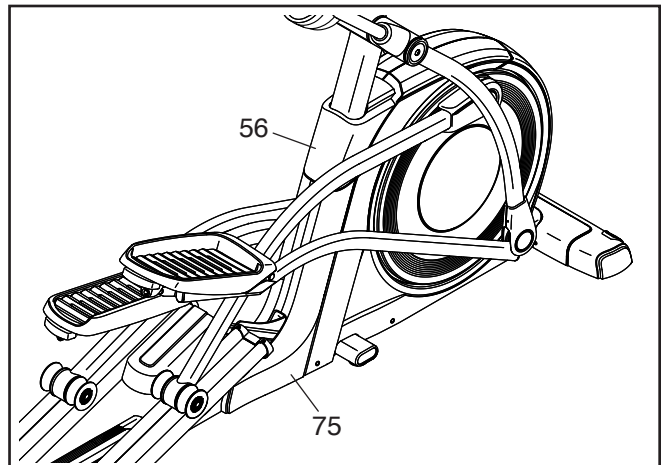


Then, plug in the power cord and turn the left crank arm for a moment. Repeat the procedure above, if necessary, until the console displays correct feedback. Then, reattach the left disc.

HOW TO ADJUST THE DRIVE BELT

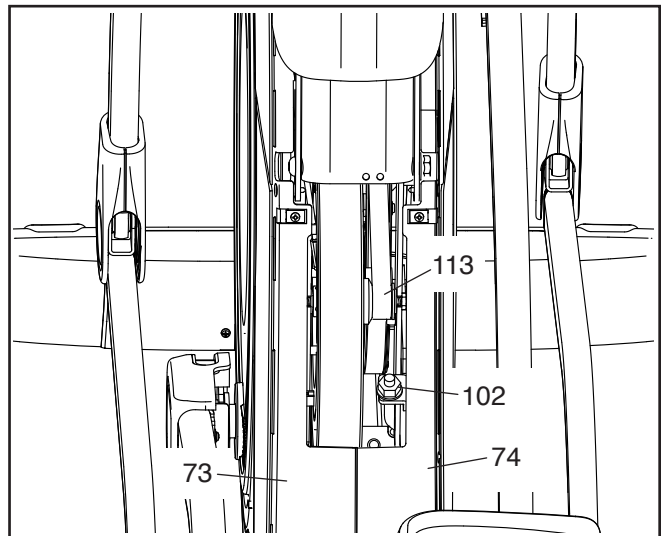
If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, first **unplug the power cord**.

Next, use a standard screwdriver and pry off the Shield Cover (56), and then slide it upward.



Then, remove the four M4 x 16mm Screws (not shown) from the upper and lower ends of the Rear Shield (75), and remove the Rear Shield.

Then, look between the Shields (73, 74) and locate the M8 Locknut (102). Tighten the Locknut until the Drive Belt (113) is tight.



When you have properly adjusted the drive belt, reattach the rear shield and press the shield cover onto the rear shield.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

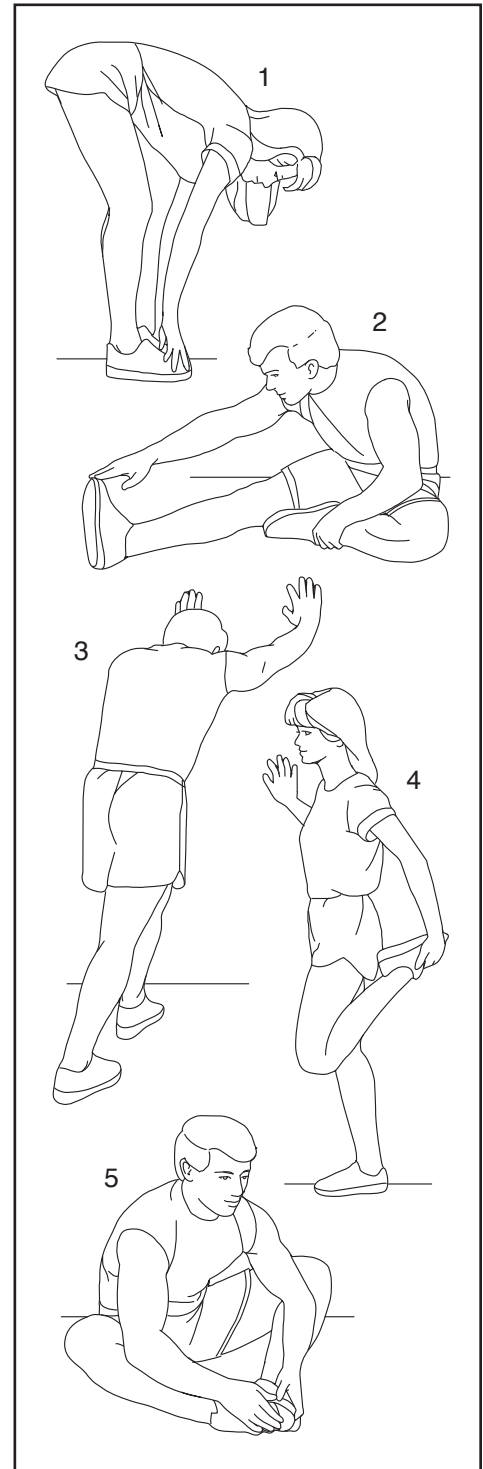
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. 23944.5 R0918A

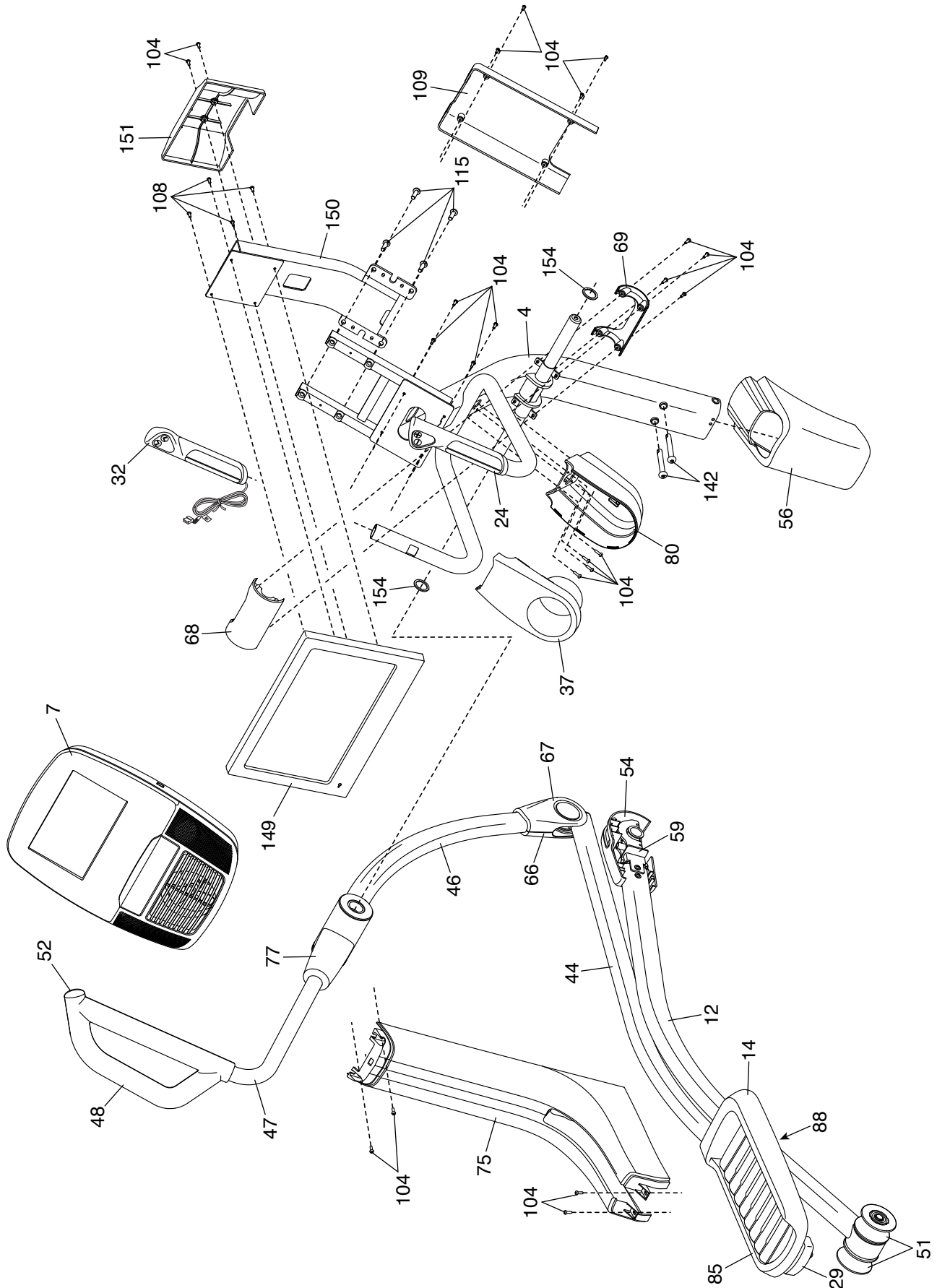
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	4	Large Roller
2	1	Rear Stabilizer Cover	52	1	Left Lower Grip
3	1	Ramp	53	2	Axle Cover
4	1	Upright	54	1	Left Saddle Bracket Cover
5	2	Rear Stabilizer	55	2	Disc Cover
6	1	Right Front Stabilizer	56	1	Shield Cover
7	1	Console	57	4	Small Bushing
8	1	Front Stabilizer Cover	58	1	Right Pedal Arm
9	1	Left Front Stabilizer	59	1	Left Upper Saddle Bracket
10	1	Ramp Cover	60	1	Right Saddle Bracket Cover
11	4	Track	61	1	Right Upper Body Arm
12	1	Left Roller Arm	62	2	Foot
13	1	Lift Motor	63	4	Nylon Bushing
14	1	Left Pedal	64	4	M4 x 19mm Screw
15	1	Control Board	65	1	Ramp Axle
16	1	Power Switch	66	1	Left Outer Leg Cover
17	1	Power Cord Grommet	67	1	Left Inner Leg Cover
18	1	Crank	68	1	Upper Upright Cover
19	1	Pulley	69	1	Lower Upright Cover
20	2	Crank Arm	70	4	Upper Body Leg Bushing
21	4	Pedal Arm Cap	71	2	Disc
22	1	Idler	72	4	Large Bushing
23	2	M12 Nut	73	1	Left Shield
24	1	Right Control Grip/Wire	74	1	Right Shield
25	1	Resistance Motor	75	1	Rear Shield
26	2	Lower Saddle Bracket	76	1	Frame Cover
27	2	Lift Frame Bushing	77	2	Upper Body Arm Cover
28	1	Eddy Mechanism	78	2	Key
29	1	Left Pedal Handle	79	2	M6 Acorn Nut
30	8	Medium Bushing	80	1	Accessory Tray Base
31	1	Lift Frame Axle	81	1	J-bolt
32	1	Left Control Grip/Wire	82	2	Pedal Spacer
33	2	Small Snap Ring	83	1	Small Crank Spacer
34	2	Wheel	84	1	Right Pedal Insert
35	2	Bolt Set	85	1	Left Pedal Insert
36	1	Right Upper Body Leg	86	2	Medium Roller
37	1	Accessory Tray	87	1	Right Pedal Plate
38	1	Reed Switch/Wire	88	1	Left Pedal Plate
39	1	Clamp	89	1	Upright Pivot Screw
40	2	Bearing	90	2	Frame Cap
41	1	Right Upper Grip	91	2	Ramp Cap
42	1	Medium Crank Spacer	92	4	Leveling Foot
43	2	Magnet	93	1	Large Snap Ring
44	1	Left Pedal Arm	94	2	Pedal Spring
45	1	Right Roller Arm	95	11	Post Fastener w/Screw
46	1	Left Upper Body Leg	96	4	Medium Snap Ring
47	1	Left Upper Body Arm	97	1	Roller Axle
48	1	Left Upper Grip	98	4	Clip Nut
49	1	Right Pedal	99	14	M10 Locknut
50	1	Right Lower Grip	100	1	Large Crank Spacer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Idler Screw	130	4	M8 x 18mm Bolt
102	7	M8 Locknut	131	2	M8 Flat Head Screw
103	2	Pedal Pin	132	8	M10 x 20mm Screw
104	86	M4 x 16mm Screw	133	4	M6 Washer
105	1	Lift Frame	134	1	M10 x 48mm Bolt
106	1	Small Roller	135	1	M10 x 36mm Bolt
107	4	Standoff	136	4	M10 Washer
108	4	M4 x 12mm Screw	137	16	M4 x 10mm Screw
109	1	Console Cover	138	10	M6 x 12mm Screw
110	1	Main Wire	139	4	M10 x 70mm Screw
111	1	Right Pedal Handle	140	2	M10 x 60mm Screw
112	1	Power Cord	141	4	M4 Washer
113	1	Drive Belt	142	2	M10 x 75mm Screw
114	1	M17 Washer	143	4	M10 x 45mm Bolt
115	4	M8 x 30mm Screw	144	12	M10 x 20mm Screw
116	2	M12 Eyebolt	145	1	Eddy Mechanism Snap Ring
117	4	M10 x 54mm Bolt	146	4	M4 x 12mm Flat Head Screw
118	2	M10 Nut	147	1	M8 Small Washer
119	2	M8 Washer	148	6	M4 x 22mm Screw
120	2	M8 Shoulder Screw	149	1	15" Digital TV
121	1	Right Upper Saddle Bracket	150	1	TV Bracket
122	1	Stop Plate	151	1	TV Cover
123	1	Control Board Bracket	152	2	Center Ramp Cover
124	4	M4 x 25mm Screw	153	8	M4 x 10mm Self-tapping Screw
125	1	Right Inner Leg Cover	154	2	Pivot Spacer
126	1	Right Outer Leg Cover	*	—	User's Manual
127	1	Bumper	*	—	Assembly Tool
128	2	M8 Flat Washer	*	—	Grease Packet
129	4	M10 Large Washer	*	—	TV Remote Control

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

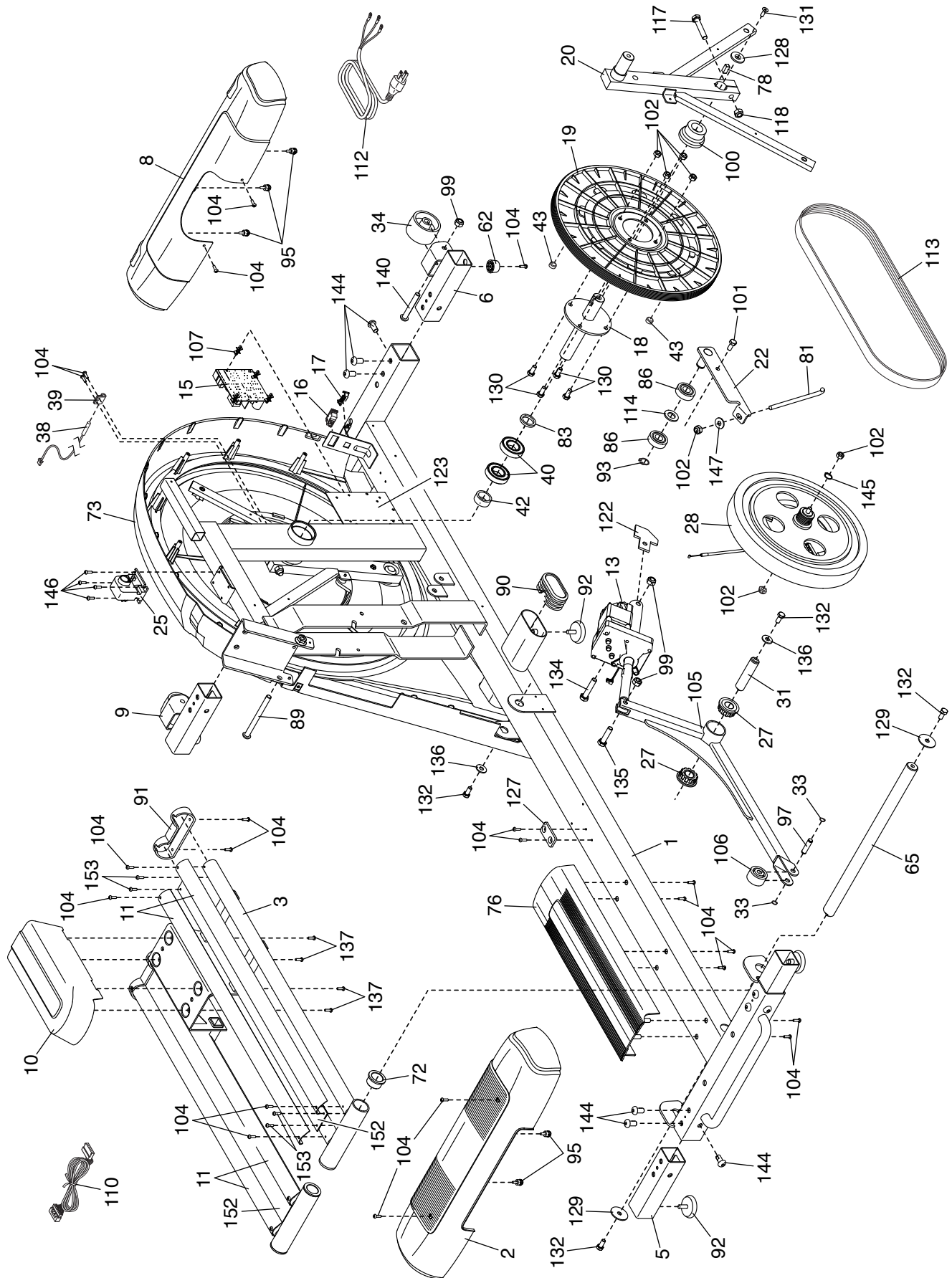
EXPLODED DRAWING A

Model No. 23944.5 R0918A



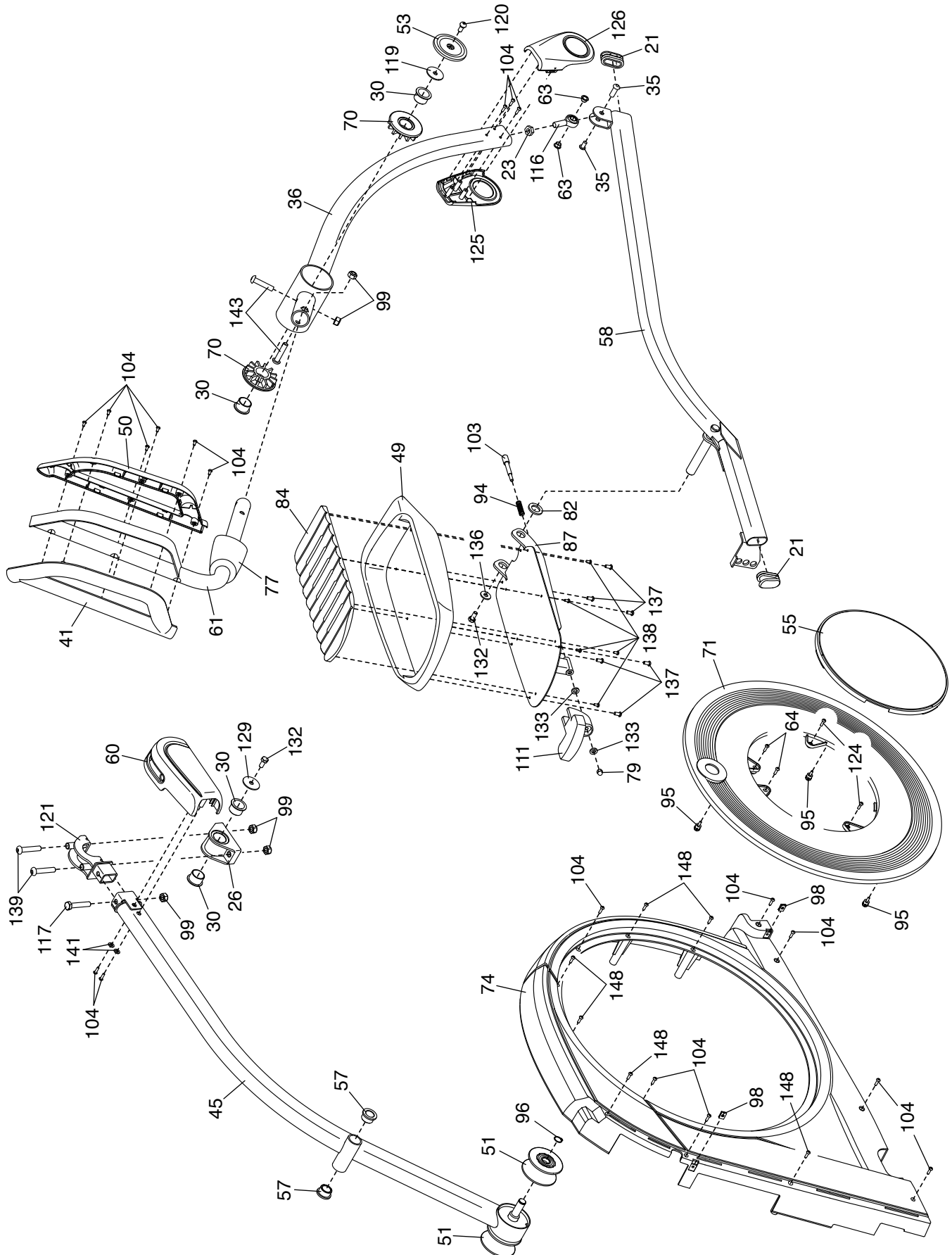
EXPLODED DRAWING B

Model No. 23944.5 R0918A



EXPLODED DRAWING C

Model No. 23944.5 R0918A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 6.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts are warranted for six (6) years from the date of purchase. Labor is warranted for three (3) years from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813